

Subject: Daily Prayer 16th July 2020
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Good morning

Let us be still and meditate on God's word today.

'Be still and know that I am God' Psalm 46:10.....

'Prayer is a cry of gratitude and love, in the midst of trial as well as in joy' St.Terese of Lisieux

A few words

At Prayer hour on Tuesday we talked about the lectionary set readings and also about just using your bible and allowing it to fall open then being quiet and praying to God for Him to direct us to the right words. Father Simon explained about his year working with Mother Teresa. He told us how all of the volunteers arose at 2.30am and sat on straw mats on the floor and awaited Mother Teresa to arrive and open her bible and wait for God to direct her message from that. They would sit in silence allowing God's peace, wisdom and love to fill them. Mother Teresa would then read the passage which she had felt directed to and more silence would ensue as everyone listened to the message and pondered on it. We sometimes can be afraid of waiting and silence but it is a beautiful way to meditate on God's word. I am using the lectionary readings for the Eucharist but have the choice of Morning Prayer or Evening prayer as well. You may like to just hold your bible and allow it to fall open before you.....be silent.....still....wait.....and listen.....Maybe God has a special message for you. Or you may prefer to meditate on the set readings for today.

Psalm 104:14-21

You cause the grass to grow for the cattle,
and plants for people to use,
to bring forth food from the earth,
and wine to gladden the human heart,
oil to make the face shine,
and bread to strengthen the human heart.
The trees of the LORD are watered abundantly,
the cedars of Lebanon that he planted.
In them the birds build their nests;
the stork has its home in the fir trees.
The high mountains are for the wild goats;
the rocks are a refuge for the coney.
You have made the moon to mark the seasons;
the sun knows its time for setting.
You make darkness, and it is night,
when all the animals of the forest come creeping out.
The young lions roar for their prey,
seeking their food from God.

Matthew 11:28-end

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power, and the glory for ever and ever. AMEN

Lord, grant that we may hear and receive your Holy Word,
not only with our ears, but with our hearts and minds too
that we may show forth its fruit in our lives,
for the benefit of all and to the glory of your holy name. AMEN

Go in peace to love and serve the Lord
In the name of Christ. AMEN

Blessings and love
Until tomorrow
Vicky x